



SWIM COURSES

OLYMPIC

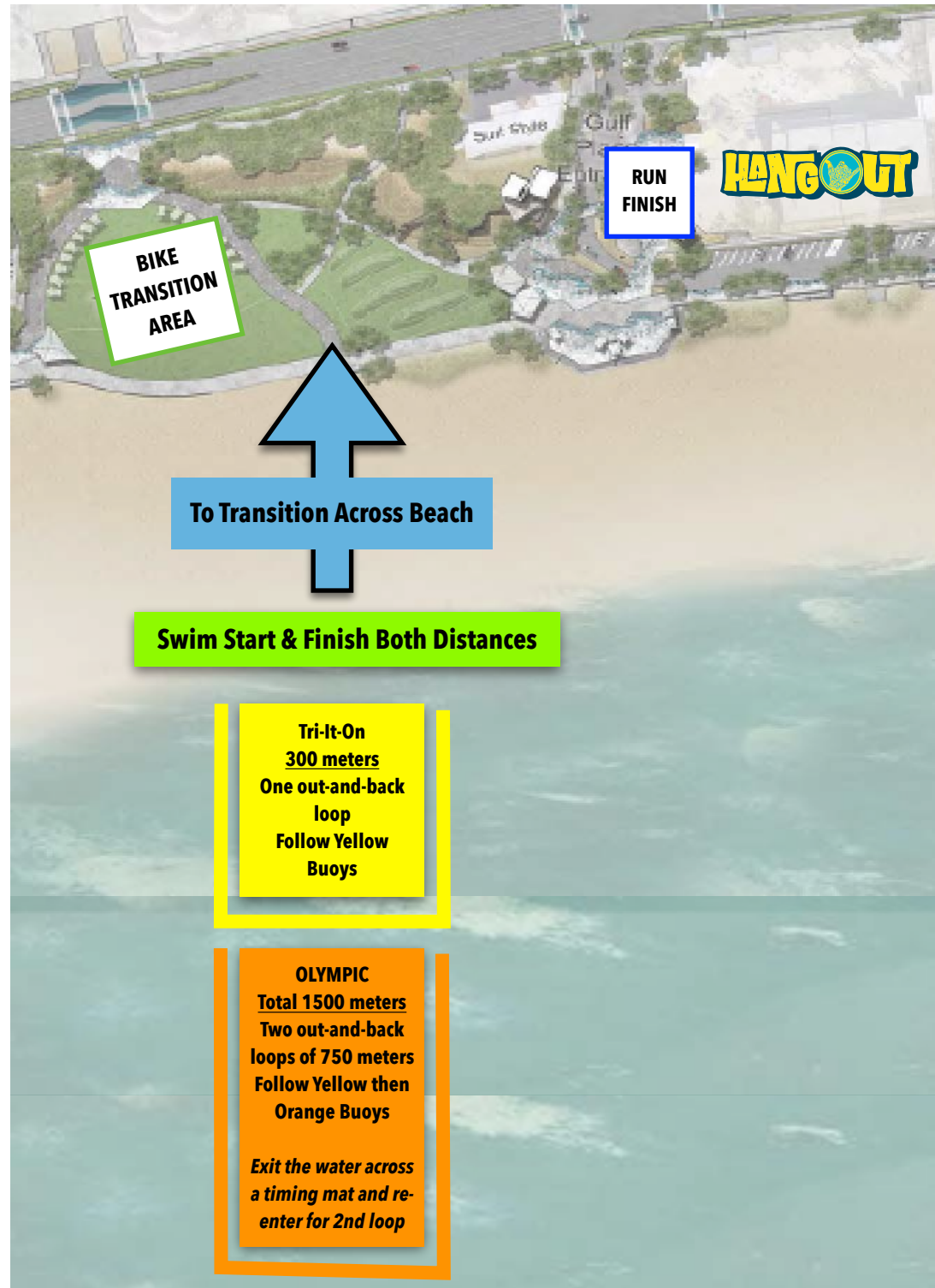
Start 7:00 am

SPRINT - TRI-IT-ON

Start Estimate

7:50 am

Time Trial Start
approximately 3 -5 seconds
between swimmers



To Transition Across Beach

Swim Start & Finish Both Distances

Tri-It-On
300 meters
One out-and-back
loop
Follow Yellow
Buoys

OLYMPIC
Total 1500 meters
Two out-and-back
loops of 750 meters
Follow Yellow then
Orange Buoys

*Exit the water across
a timing mat and re-
enter for 2nd loop*